

FLEX

F.

ARM CIRC'L'G IN OPP. DIRECTION
(1 FORW. , 1 BACKW.)

F.

HEEL RAIS'G + KN. BEND'G ALT'G W.
ALT. KN. LIFT'G W. ARM
FLING'G BTW. X. + FLY.

CO-ORD.

KNEE ST. - ARM SWING 'C FORW 'D + SIDEW.

COMB.

KNEE ST. - ARM SWING'G FOR'D + SIDEW.
(STAND'G) HEEL RAIS'G + KNEE
BEND'G W. ARM SWING'G FOR'D
SIDEW. (HOLDING 1 ARM 1 CT. EVERY
4TH CT.)

FLEX

F.

$\frac{1}{2}$ WG. ST RD. ST. - SINGLE ARM CIRCLE

F.

LONG. SITT.- A. FLING'G BTW. X + FLY.

F.

STRD. ST - A. FLING'G BTW. X + FLY.

S.

RING HD. STRD. L ST. - ARM 3 END'G
+ STETCH'G.

F.

OPP. FOOT SUPP. LONG SITTING. -

A's CIRCUL'G W. HELP.

F.

SIDE OPP. GRASP STRD. TWIST. ST. -
ARM SWING 'Q SIDEW. UP'D.



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